

HAY RIVER U15 AWG TRIALS MEAL PLAN MENU

Breakfast 8:00am to 10:00am Lunch 12:00pm to 2:00pm Supper 5:00pm to 7:00pm

Wednesday, December 13th, 2023

Dinner – Spaghetti Night, Ceasar Salad, Garlic Toast

Thursday, December 14th, 2023

Breakfast – Variety of Cereal, Muffins, Yogurt, Fruit

Lunch – Soup (Beef Barley), Sandwich Bar, Veggies & Dip, Fruit Tray

Dinner – Pizza Night, Veggies & Dip

Friday, December 15th, 2023

Breakfast – Variety of Cereal, Muffins, Yogurt, Fruit

Lunch – Soup (Chicken Noodle), Sandwich Bar, Veggies and Dip, Fruit Tray

Dinner – Ham, Scalloped Potatoes, Mixed Veggies, Tossed Salad, Dinner Buns

Saturday, December 16th, 2023

Breakfast – Variety of Cereal, Muffins, Yogurt, Fruit

Lunch – Hot Dogs & Smokies, Macaroni Salad, Veggies & Dip

Sunday, December 17th, 2023

Breakfast – Variety of Cereal, Muffins, Yogurt, Fruit

Grazing – apples, oranges, bananas, granola bars, muffins, cookies, etc.

Drinks – water, juice boxes, milk and chocolate milk